

“What To Wear and Bring List”

Table 2-3. Items future Soldiers should wear or bring to the Military Entrance Processing Station (MEPS) on ship-day¹

ITEM		MALE	FEMALE
CLOTHING²			
Wear casual, comfortable clothing: – Shirt or blouse (no obscene graphics)(no halter tops or cut-off T-shirts) – Slacks or Jeans (no shorts or cut-offs) – Complete underwear (You'll get a mini-physical on ship day, no thongs) – Pair of comfortable, casual shoes suitable for walking and extended standing (no high heels) and socks – Coat or Jacket (seasonal)		1	1
		1	1
		1	1
		1	1
		As needed	As needed
Bring change of underwear: (male- briefs, female – briefs and bras) white, black or neutral, no thongs		2	2
Bring Feminine Sanitary Items		-	As needed
MINIMAL PERSONAL HYGIENE ARTICLES: (All Travel Sized items)			
Shampoo and conditioner (1 oz)		As needed	As needed
Soap (1 bar soap or 1oz liquid soap)		1	1
Anti-perspirant / deodorant (non-aerosol only)		1	1
Toothbrush and toothpaste		1	1
Disposable/safety shaving razor (non-electric)		1	1
Shaving cream (non-aerosol)		1	As needed
Comb, brush, hair accessories (black or matching hair color)		As needed	As needed
EYEGLASSES (if prescribed, no faddish/stylish eyewear w/ prescription if available)			
ALL IMPORTANT PERSONAL DOCUMENTS (check with Recruiter) Including:			
Childhood and adolescent immunization records if available			
Government-issued photo ID card			
Marriage certificate, family birth certificates, and their SSN (if married or legally supporting)			
Required prescription medications (in original pharmacy container) and/or a doctor's prescription.			
FINANCE			
Not to exceed \$50.00 in cash, Traveler's Checks, or Money Orders			
Checkbook and/or ATM card with access to direct deposit account for military pay			
NOTES:			
¹ All items must fit into the Army DEP Bag or small airline approved “carry on” suitcase or gym bag			
² Soldiers traveling from overseas locations should add 1 change of clothing and underwear (same guidance as above, extra shoes and extra coat not needed)			

“Soldier Required Personal Items”

Table 2-4.

REQUIRED ITEMS		MALE	FEMALE
ITEMS RECEIVED UPON ARRIVAL THE 1ST NIGHT AT RECBN:			
	Toothbrush and toothpaste	1	1
	Bar soap or liquid shower soap	1	1
	Anti-perspirant/deodorant (non aerosol only)	1	1
	Shaving cream/gel (non aerosol)	1	1
	Shaving razor (Disposable w/ cartridges)	1	1
	Padlock (combination or key IAW local policy)	2	2
	Socks (White, calf-length athletic no colored bands or logos)	2	2
	Wash cloth (brown)	2	2
	Thong Shower Shoes (one color)	1	1
*	PT uniform (minimum – short sleeved shirt and shorts)	Local policy	Local policy
*	Towel (brown)	1	1
<i>* Initial Issue items</i>			
ITEMS PURCHASED AT THE RECBN POST EXCHANGE (PX):			
	Running Shoes ^{1,3}	1	1
	Bra (white or neutral) ^{2,3}	-	3
	Sports Bra (white or neutral) ^{2, 3}	-	6
**	Underwear/cotton briefs (white or neutral)(no thongs)	3	6
**	Socks (white, mid-calf, cotton, athletic)	6	6
**	Shoe Shine Kit (brush, applicator, black polish, buffing cloth)	1	1
**	Laundry Detergent	1	1
**	Shampoo	As needed	As needed
**	Hairbrush or comb	As needed	As needed
	Feminine Hygiene Items	-	As needed
	Optional Hygiene items (Local policy may or may not allow Soldiers to purchase additional hygiene items)	As needed	As needed
<i>** RECBNS with Male only BCT/OSUT may move marked items to Day 0 AAFES items</i>			
RECOMMENDED ADDITIONAL ITEMS PURCHASED AT RECBN FOR UNIFORMITY IN BCT:			
Note: Local policy may modify this list; However soldiers are not required to “re-buy” items solely for local cosmetic preferences. Commanders will enforce the “NO RE-BUY” policy.			
	Nail Clippers	1	1
	6" black comb and/or brush	1	1
	Clear soap case	1	1
	Clear toothbrush case	1	1
	Eye Glass Band (glasses wearers only)	2	2
NOTES:			
1. Running shoes. All recruits are required to purchase a new pair of Army-fitted running shoes at the Post Exchange (PX) while in the Reception Battalion. Recruits will receive approximately \$60.00 in their first pay for the running shoe purchase.			
2. Sports bras. Use regular bra size as a guide for purchasing sports bras. Individuals should test the bra for both fit and support prior to purchase (run in place or do the side straddle hop or “jumping jacks” or jog in place to test). An effective sports bra will minimize vertical movement to comfortable level. Females may purchase additional regular or sports bras if desired.			
3. All the items listed in table 2-4 will be paid for by the recruits. Soldiers receive \$250.00 (males) or \$300.00 (females) on a stored value card as a pay advance for these purchases.			